

*Happy Holidays from WCCA!  
You are invited to join us for our  
2009 Holiday Event*

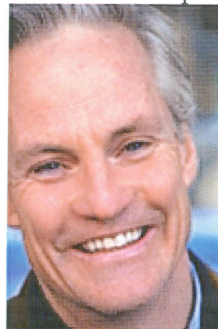


*Training Topic (One CEU Credit)*

**John Curley- Stress, Bad Choices, and the Brain**

Host, Seattle King 5's Evening Magazine

Emmy award winning host shares his personal formula to success.



**Date:** Wednesday, December 9th, 2009

**Register by Dec 5!** Register online: [www.wccaonline.org](http://www.wccaonline.org) -OR-  
E-mail: [denis.craine@sedgwickcms.com](mailto:denis.craine@sedgwickcms.com) -OR-  
Contact: (503) 238-4860

**Cost:** \$30 all attendees

**Send payments to:** WCCA  
PO Box 1830  
Lake Oswego, OR 97035

**Agenda:** 3:30pm – 4:00pm Registration  
4:00pm – 5:00pm Training  
5:00pm – 5:30pm Meet and cocktails  
5:30pm – 6:30pm Buffet Dinner  
6:30pm – 7:00pm Vote for 2010 Sec/Treas., Prize Drawings

**Location:** Home Builders Association, 15555 SW Bangy Rd., Lake Oswego, OR.

*Includes; Training, Dinner Buffet, 2 Drink Tickets (well, beer & wine),1 Raffle Ticket)*

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## **John Curley** **Host King 5's Evening Magazine [1995-2009],** **Speaker / MC on achievement and creativity**

John Curley is the former host of King 5 TV's *Evening Magazine*, the highest-rated regionally produced TV show in the country. Honored with numerous regional Emmy Awards and the Edward R. Morrow Award for excellence in Journalism, it remains a favorite highlighting the people, places and events that make the Cascadia region so special.

He's earned numerous awards for his work in the community and in the field of broadcasting. John is fortune enough to have appeared on stage at the 5th Ave. theatre and unfortunate enough to have appeared in various infomercials. Including the least successful infomercial of all time. When you meet John, ask him why Julia Roberts hates him, Tom Hanks fears him, and what happened when he met Oprah.

In addition his work on Evening Magazine, nearly every weekday and weekend of the year, John speaks to and emcees large private and public and private events in the Pacific Northwest—including sales conferences, auctions, and galas. An exceptional fund raising and auctioneer, John has helped Pacific Northwest organizations raise tens of millions of dollars.

### **Stress, Bad Choices and the Brain: An Iron-Clad Formula for Success in Difficult Times**

You can either decide that life's going to be tough in these "tough" times—or decide that YOU, and not the world...and not even other people IN the world—decide what kind of life you enjoy. John Curley, whose Emmy-winning, star-studded, implausible career defies "normal," shares his personal formula for succeeding through difficulty in this high-energy presentation.

Competing in the 2008 IronMan competition in Nice, France, John surpassed his capacity for challenge, pain and credit card limits—and learned about the massive impact of stress and bad choices. Now in this live program, complete with vivid video footage, he candidly shares the key mistakes he made at IronMan...one that nearly cost him his life.

#### **In this Signature keynote, he'll discuss:**

- What the most cutting-edge science tells us about how stress affects our brains—and what to do about it.
- How to stand on the shoulders of giants—in other words, heed the advice of experts—and don't try to be a Lone Ranger
- Why the *smallest* details matter—and how to pay more attention to them
- Why it's critical to always remember what's most important. It may not be what you think.



**WCCA**

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